



Schedule effective January 3, 2012

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am							O-Lifting
9:15am		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
10:00am							CrossFit
11:30am							CrossFit
12:00pm		CrossFit		CrossFit			
2:00pm	CrossFit						
4:00pm		Jr CrossFit		Jr CrossFit		Jr CrossFit	
5:00pm		CrossFit	CrossFit	CrossFit	CrossFit	Strength	
6:00pm		CrossFit	CrossFit	CrossFit	CrossFit		
7:00pm					O-Lifting		

**CrossFit** is an athletic conditioning system based on performing varied functional movements at high intensity. The movements consist of Olympic lifting, Gymnastics, and Mono-structural exercises such as Rowing and Running. CrossFit works the entire body from core to extremity. It creates strength and conditioning for life. Whether you compete in sports, work physically, or just want to be healthy, CrossFit is for you. The fitness you will achieve through CrossFit training will allow you to sustain a healthy and happy lifestyle. Come and try a free class. Call or e-mail us today.

[www.crossfitbc.com](http://www.crossfitbc.com)



**EVOLUTION**

Martial Arts ♦ Self Defense ♦ Fitness